

Torii Teller

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Marine Corps Air Station Iwakuni, Japan

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Independence Day



photo by Sgt. Ryan Bradburn

Each year fireworks explode over Penny Lake during Fourth of July celebrations. This year's Fourth of July will not be different from those in the past, and will include many events across the Station and a traditional patriotic fireworks display at Penny Lake.

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VMFA(AW)-533 Marines assist in outback rescue



photo by Cpl. Kurt Fredrickson

Marines from VMFA(AW)-533 fly over the Pacific Ocean off the coast of Australia during Exercise Tandem Thrust '01.

by Cpl. Kurt Fredrickson
Torii Teller Staff

Two pilots from Marine All Weather Fighter Attack Squadron 533 assisted in the successful rescue of a woman in the Australian Outback June 12.

Major Aaron Elshaug, VMFA(AW)-533 pilot, and Capt. Todd Kistler, VMFA(AW)-533 weapons systems officer, were on a routine training mission as part of exercise Southern Frontier when they picked up an emergency beacon signal and investigated its source.

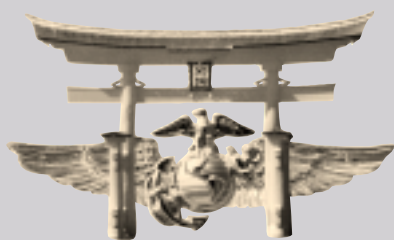
They then notified a rescue helicopter of the position of the beacon and the woman was successfully located 50 miles west of the Tindal Royal Australian Air Force base, according to VMFA(AW)-533.

Although the situation in the air took place on June 12, the scenario began to develop the day before when a scorpion stung the woman during an overnight rafting trip with her husband.

Sometime during the night, she lost complete feeling and use of her leg. Her husband, a park ranger and experienced outdoorsman, knew she would

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Torii Teller



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Is there an event you want covered for the *Torii Teller*? Do you have an opinion to be heard? Does your unit have anything newsworthy to report? If so, we want to hear from you, call 253-5324 or e-mail olmsteadj@iwakuni.usmc.mil.

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Old Corps values live on

by Sgt. Maj. Stephen H. Mellinger
Letter to the Editor

A lot has changed since my joining this gun club 29 years ago. Going back to my PFC days, I remember our choices for breakfast at the chow hall. Basically, it was cold, green "B" RAT scrambled eggs or cold, green "B" RAT scrambled eggs. There were unconfirmed reports that Marines offered left over chow to farmers for their hogs, but it didn't work. The hogs refused to eat it. However, today's chow hall food (compared to what it used to be) is outstanding. I know you're thinking, "Here comes the 'Old Corps' speech," but it's not. Many changes that we've seen have been for the betterment of our Marines and our Corps.

I'm happy for change in better uniforms, equipment, chow, weapons and technology. But there are some evolutions from the old Corps ways, such as daily formations and open squad bays for sergeants and below, that really concern me. I wish we could keep both as requirements today.

Now before you sergeants and below start shoving pins into little Sgt. Maj. Mellinger dolls, let me explain.

I can recall in the 1970s us having three

formations a day. The 0700 and 1300 formations ensured we were present and that our uniforms, haircuts, etc., were good to go. The 1700 one was to forecast the next day's mission, give any needed attitude adjustments and to sound liberty call. In addition to those three formations, we formed up and marched to our three meals each day. Actually, we formed up and marched even when there were only a handful of us going somewhere. And come to think of it, we even had to form up twice a month to receive our pay.

A platoon's privates through sergeants lived in the same open squad bay (like basic training) barracks. Noncommissioned officers lived on one end separated from the lance corporals and below only by curtains and wall lockers. When a new Marine reported aboard, the bunk beds were simply slid closer together to make room.

"And my point is," you ask? Those old ways of doing things (as a unit) served to bond us closer together. It taught Marines to be responsible for fellow Marines, especially the sergeants and corporals in charge of those formations and barracks.

Being together as much as we were back then caused us to take greater interest in one another both personally and professionally. You could say

see **MELLINGER** next page

CMC pushes forward on new cammies

by Lance Cpl. John R. Lawson III
Headquarters Marine Corps

HEADQUARTERS, MARINE CORPS — By the end of this year, you may see some Marines in new and different looking utilities and boots, and by October of 2005, you will see all Marines in the new field uniform.

That's because the Commandant of the Marine Corps, Gen. James Jones, recently approved uniforms sporting the "pixel" camouflage scheme and rugged looking boots.

While the patterns on the new uniforms may be the most prominent new feature, they are hardly the only change.

There will be angled chest pockets with angled name tapes and service tapes. Also, the chest pockets will have Velcro fasteners. Velcro can be noisy, but because chest pockets would be buried under a flak jacket in tactical situations, that's a non-issue. All other fasteners on the uniforms use buttons, including the new shoulder pockets.

The sleeve cuffs will fasten with inboard buttons instead of outboard buttons to prevent snagging.

The uniforms will be made from a half-and-half blend of nylon and cotton. Thanks to the use of wash-and-wear material, Marines won't have to spend so much time and money keeping up their cammies.

Covers to be worn with the utilities will have the same shape Marines are accustomed to seeing, but they will sport the new camouflage scheme. Boonie

covers will have smaller brims.

To make the uniforms more durable, there will be special reinforcement in the knees and the butt. Also, there will be insert spaces so that Marines can use knee and elbow pads.

The change in uniforms also comes with a change in boots. The new infantry combat boots and jungle-and-desert boots will be made of rough leather. Just as the wash-and-wear blend means no more ironing of uniforms, the rough leather means no more polishing of boots.

In other words, the new uniforms won't only change the look of the Marine Corps; they'll reduce the amount of effort Marines have to pour into their uniforms. This could be bad news for the manufacturers of starch and boot polish.

"A lot of teamwork went into this combat utilities program," said 1st Lt. Burrell Parmer, a spokesman for Marine Corps Systems Command in Quantico, Va. "It was for Marines and decided by Marines."

The Corps used survey information and feedback from a web site that garnered 17,000 hits, Parmer said. For good measure, Marines tested the proposed uniforms in a variety of conditions. Parmer said the Corps' philosophy was, "If it doesn't work, it's gone."

For example, a prototype uniform included sleeves that could zip off to make a short-sleeve uniform. The zip-off sleeves were ditched after 89 percent of the Marines surveyed.

"What Marines want, Marines get," said Parmer.

Two new channels arrive at Iwakuni

by Cpl. Joe Lindsay and
Sgt. Michael Wiener
Torii Teller Staff/Media Chief

It may not be commercial cable television, but Station residents will be getting a couple of new channels and a stronger signal.

Next week two new satellite dishes and equipment will be installed atop the American Forces Network building.

As part of the upgrade, the program guide on channel nine will be bumped to channel eight and the News/Sports network on channel 13 will split into two channels – a 24-hour sports and a 24-hour news channel. The date of the split has not been determined, according to Gunnery Sgt. Robert Perry, Electronic Maintenance Division Television supervisor.

“M.C. Perry schools will also be able to broadcast important school information on an all-access channels,” Petty Officer 2nd class Eric Woodin, AFN maintenance technician.

“We’re not sure what day they’ll be installed, but residents will know because of intermittent television outages,” said Perry.

The content of the two new channels being added as a result of the new antennas has yet to be determined.

“The channels will be regional,” he said, “but we won’t know what until the dishes are installed.”

The \$80,000 equipment upgrade is in effort to improve another Station service, said Perry.

“The idea for the upgrade was proposed to Col. Darrah,” Perry said. “He approved so we went out and the new equipment.”

MCAS Iwakuni CATV Channels

~ CATV Channels ~

Channel	
5	MCAS Command Access
6	Color Bars
	(Future M.C. Perry)
7	Color Bars (Future AFN)
8	AFN Program Guide
9	Color Bars
	(Future AFN News)
10	AFN Spectrum
11	AFN Pacific
12	AFN Atlantic
13	News/Sports
	(Future AFN Sports)
14	MCCS Channel
15	BS-1 (Japanese/Bilingual)
16	BS-2 (Japanese/Bilingual)
17	NHK (Japanese/Bilingual)
18	NHK Education
	(Japanese/Bilingual)
19	UHT (Japanese/Bilingual)
20	RCC (Japanese)
21	HTV (Japanese)
22	TSS (Japanese)

23	YAB (Japanese)
24	CNBC Asia
25	Channel J
26	CNN Financial News
27	Studio 23
28	Lakbay TV
29	to be determined
30	to be determined

~ FM Radio ~

MHz	
88.3	NHK FM Hiroshima
89.1	AFN Iwakuni 1575
89.9	Adult Rock
90.7	Hot Adult
	Contemporary
91.5	Bright Adult
	Contemporary
92.3	Country
93.1	Z-Rock
93.9	National Public Radio
94.7	The Touch (Urban)
95.5	Pure Gold (Oldies)
96.3	Future Use
97.1	Studio 23 Audio



Fourth of July full of events

by Cpl. Kurt Fredrickson
Torii Teller Staff

For Americans living aboard the Station there is one day that reminds them why they are here defending freedom – the fourth.

This Fourth of July America will celebrate its 225th year of independence from England, and to help the festivities along there will be a variety of activities across the Station for patriots to take part in.

Marine Corps Community Services will be hosting events at the main outdoor pool, cross-roads mall and Penny Lake Field.

The first event of the day will be at the main outdoor pool where

the concrete beach party is scheduled to be held with an American Forces Network live radio broadcast from noon until 4 p.m.

In the event of rain the concrete beach party will be canceled.

Also from noon until 12:30 p.m. at the Cross-roads amphitheater there will be free events for children and their families.

The same events will take place at Penny Lake from 6 p.m. to 6:30 p.m. If there is rain the event will be held in the Main Gym.

Club Iwakuni will be hosting an all ranks patio party from 4 to 10 p.m. with the band “619” and a view of the fireworks show.

The band Alliance will play at Penny Lake from 6:30 p.m. to 8:30 p.m. followed by the main event.

The Fourth of July would be just like any other day of the year if it wasn’t for the fireworks. This year’s fireworks display is scheduled to kick off at Penny Lake Field at 8:30.

The festivities will last 50 to 55 minutes. If there is rain on the fourth, then fireworks will go on the fifth. If the fifth is rained out the fireworks will be canceled.



MELLINGER from Page 2

it helped to solidify our units. Accountability up and down the chain of command was commonplace.

I’m afraid that with some changes from the old Corps we now suffer from too much individualism. Less required formations means less interaction between NCO’s and junior Marines. With private/semi-private living spaces comes isolation of Marines from their fellow unit members. How does accountability take place in this type environment? I don’t

believe it does to the level it needs to be.

A Marine shows up for work, puts in the day and no one in the unit has a clue about him or her after that until the next morning.

Change can be good for our Corps in certain areas, but not when it threatens the cohesiveness and team spirit of a Marine unit. If we as Marines of today make it a point to be accountable and responsible for the welfare of our Marines then I’ll be happy that the most important things from the old Corps has remained.

News Briefs

Child Passports

A new passport regulation requires both parents to apply for the passport of any child under 14 years old. If only one parent applies for a child’s passport, this parent must establish his or her sole custody or have the other parents written permission. For more information call the legal assistance office at 253-5591.

Commissary Closure

The Commissary will be closed Wednesday in observance of Independence Day. For more information call 253-5586.

Earthquake Safety

The American Red Cross offers pamphlets covering earthquake safety tips. For more information on earthquake safety call 253-4525.

Sewage

A reminder to Station residents, do not place foreign objects such as toys, plastics and clothing in the sewer systems. These materials cause pipes and pumps to clog and operate ineffectively. Call 253-6148.

Safety Vests

All runners are encouraged to wear a reflective vest while running on the Station during hours of darkness.

Club Beyond out of this world

by Cpl. Joe Lindsay
Torii Teller Staff

There's a group aboard, and beyond, the Station where teenagers can get together to build friendships and partake in a wide range of activities.

Club Beyond, a new youth ministry connected to the Station Chapel, kicked off its first official event June 20 with a cookout and pool party at the outdoor pool.

"Club Beyond is something new and innovative here," said Scott Elkins, teen pastor. "Instead of dictating what activities we will have, we let the kids have input and go from there. We are a teen ministry that cares what our teens think and want."

Approximately 50 teenagers showed up for the kick off celebration, and Elkins, though pleased with the turnout, expects even more teens to take part in Club Beyond activities once word gets out.

"You have to earn the right to be heard," said Elkins.

"Whenever you're dealing with teenagers, a lot of times they're skeptical."

That natural teen skepticism can be even stronger when dealing with teenagers who come from military families, according to Elkins.

"These kids move around so much that sometimes it's harder for them to build relationships," said Lt. Stephen Fisher, Station Chaplain. "Club Beyond is here to help them through the tough spots in their lives and also to share the good times."

The "good times" seemed plentiful at the pool party.

"Just look around you," said Lance Cpl. Tammy McCleary, Station Chapel clerk.

"Everyone's laughing, playing and socializing — having a great time. It's a lot better to see these teens out doing something positive and fun, than sitting at home moping about how there's nothing to do here or watching television."

The feedback from teens who attended the event was positive.

"I didn't really know what to

expect," said Jared Townsend, a 10th grader at Matthew C. Perry High School. "I'm glad I went though, or I would have missed out. It's been a lot of fun. I definitely plan on attending their other activities."

Those activities include sporting events, trips throughout Japan, coffee nights, and more cookouts and pool parties.

"Club Beyond is a great venue for teenagers to come together in a religious context and to share their faith while having fun in a positive constructive way," said Lt. Cmdr. Patrick McCormick, Station Command Chaplain. "And though Club Beyond is a chapel youth group, we are of course open to teens of all faiths. Everyone is welcome."

For more information on Club Beyond call, 253-4599.

"We're not so much into running a club for entertainment as we are into building relationships with teens," said Elkins. "I think we're off to a good start."



photo by Cpl. Joe Lindsay

Jared Townsend, a 10th grader at Matthew C. Perry High School, throws down a monstrous dunk over 8th grader Scott Brunt during a game of water basketball at Club Beyond's kick off pool party and cookout June 20.

Hornets Nest celebrates fourth birthday

by Cpl. Kurt Fredrickson
Torii Teller Staff

The Hornets Nest, home of the Iwakuni Single Marine Program, celebrated its fourth birthday Saturday with a free barbecue, two bands and a local Japanese dance group.

Although torrential downpours dampened the day, more than 300 people gathered inside and under tents to take part in the celebration and the food.

Every June 23 the Hornets Nest celebrates the day it became the home of the Single Marine Program. The Hornets Nest had a meager beginning in what was once a closed bowling alley, according to Jay Stovall, Single Marine Program coordinator. Four years ago the Hornets Nest was not much to look at with six lanes of bowling, a pool table, broken ping-pong table and very old weights.

Today the Hornets Nest has its bowling lanes, new pool table, new weights and exercise equipment,

large screen TV with surround sound and much more, according to Stovall.

"I come here a lot. It's a fun place and there are a lot of good trips to go on," said Pfc. Chris Stockton. "They take care of us a lot. I have not been here very long but I went to Space World with them. I come over here and use the computer and the weight room."

The party kicked off at 12:30 p.m. with the local Japanese YEG dance group and guest speakers.

"This is probably the greatest thing that could have happened to the Marine Corps," said Sgt. Maj. Ralph Guerrero Jr., Station sergeant major and guest speaker. "I wish it was around when I was a young lance corporal."

The past four years have seen the Hornets Nest grow with donations from the community and individual volunteers. In the future, Stovall hopes to see the Hornets Nest open its door 24 hours a day to better serve the single Marines and improve their quality of life.



photo by Cpl. Kurt Fredrickson

Lance Cpl. Joseph Walsh, MALS-12 GSE mechanic, heats the party up as he cooks hamburgers at the Hornets Nest fourth birthday party Saturday.

CSSD-36 supply provides it all

by Cpl. Kurt Fredrickson
Torii Teller Staff

When Marine Wing Support Squadron 171 needs parts for a five-ton truck, or latex gloves for their corpsman, they know exactly who to call – the Marines of Combat Service Support Detachment 36 supply.

The CSSD-36 supply Marines are an important extension of the 3rd Fleet Service Support Group, directly supporting Iwakuni, Camp Fuji on occasion, and even some Marines on Navy ships when they pull into port in Japan.

“Combat Service Support Detachment 36 improves mission readiness 100 percent,” said Lance Cpl. Victor Lanfranco, CSSD-36 ware-

houseman.

“We’re a major part in assisting Marine Wing Support Squadron 171 with all their gear, and I don’t think they can run without us.”

The key to how CSSD-36 supply improves mission readiness is in time saved, according to Sgt. Edward Kirby, CSSD-36 supply administrative chief.

Parts from Okinawa would take a week to arrive; however, CSSD-36 can deliver parts to the unit in a day or less. The supply here is a smaller version of the main supply point in Okinawa and stocks many necessary items.

“We stock about 1,500 repairable parts here

in support of MWSS-171 and sometimes MAG-12,” Kirby said. “We issue out about 400 parts per week.”

Although CSSD-36 supply issues most of its gear out of the warehouse, they also deploy with trailers full of gear to support MWSS-171.

“We support almost every exercise,” Kirby said. “It’s a little supply point out in the field. They mostly stock parts that they know MWSS-171 will need. We help MWSS-171 out tremendously. They are the support squadron of the air wing, and without us supporting them then they would be useless here.”

Un-issued gear is not ignored as it sits on the shelves. Inspections held on a regular basis ensure the items listed on paper actually exist in the hundreds of crates throughout the warehouse.

“At least twice a year we have to do a wall to wall inventory to account for all the gear,” said Sgt. Derrick North, warehouse chief. “We make sure the gear is physically here, and it is serviceable.”

To account and track all the gear, there are two main sections to supply. The front office deals with all the paperwork, and the warehouse is where the items are stored and issued from, according to North. The two work together to ensure gear is where it should be.

“The front office has all the facts of what we should have, then we count all the gear to make sure things match up,” North said.

The 50 Marines that run CSSD-36 supply provide a source of one-stop shopping for the units aboard the Station. If they do not have a part or item, they will do their best to find it, even if it means calling all over the world, noted Kirby.

“I know that I am actually assisting people, and without us, I know units would not be able to run,” Lanfranco said. “It makes us feel good. Even though we are a small detachment we play a big part on this base.”



photos by Cpl. Kurt Fredrickson

TOP: Basic gear, such as canteens and gloves, is kept behind the CSSD-36 supply check out counter for newly arriving Marines or those needing to replace equipment.

ABOVE: Private first class Annya Ivanova, (left) and Lance Cpl. Victor Lanfranco, CSSD-36 warehousemen, perform a location verification of gear stored in the CSSD-36 supply warehouse.

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have to be emergency evacuated from the area.

On the morning on the 12th, he activated an Emergency Locator Transmitter that sends a distress signal to nearby aircraft. However, aircraft in the area were not receiving

a strong signal and could not determine the location of the beacon.

At 11 a.m. the, VMFA(AW)-533 F/A-18D was returning to the Tindal RAAF base when it intercepted the signal.

The Marines used their Automatic Direction Finding equipment to guide them toward the signal.

Once the Marines located the approximate location of the beacon, they notified the local rescue helicopter of the distance and bearing from Tindal RAAF base. The helicopter successfully rescued the woman.

The squadron was participating in the unit deployment program in Iwakuni, and was deployed to exer-

cises Tandem Thrust '01 and Southern Frontier. They returned to Beaufort, S.C. directly from Australia. Marine All Weather Fighter Attack Squadron 224 replaced VMFA (AW)-533 in Australia, and will take their place in Iwakuni under the Unit Deployment Program.



Humihiko Nakama, a sake maker at Iwakuni's Sakai Shuzo brewery, tends to a vat of sake in the early stages of production. Sake was originally made by chewing rice and spitting the contents into a tub. The process has come a long way since then.

For heav *Japanese r*

by Cpl. Joe Lindsay
Torii Teller Staff

Germany has its beer, France has its wine, and Russia has its vodka, but perhaps no other drink in the world is as associated more with a country than sake is to Japan.

Sake, as synonymous with Japan as sushi and samurai, has been made here ever since rice first arrived in Japan about 2000 years ago.

"Sake is part of Japanese culture," said Hideyuki Ito, sake maker and sakasho, or holder of an official license to taste sake. "From its very beginnings, sake has been offered to the gods and has been a part of our important ceremonies."

Just how important is evident in Japanese wedding ceremonies, where the drinking of sake symbolizes unity between the bride and groom. In fact, the couple is not even considered man and wife until they both alternately drink three cups of sake at the wedding altar.

"As a result of sake being so important to our culture, a lot of pride is taken in making it," said Ito.

In the third century, sake was made quite differently than it is today. Back then, an entire village would get together and chew rice before spitting it out into a tub, where it would ferment.



Rice and water are the two main ingredients of sake, which is the national drink of Japan.

Even's sake!

Rice wine deeply rooted in culture

"Sake making has come a long way over the years," said Ito. "Today sake is made in breweries. The rice is polished, washed, soaked, put into steamers and cooled. Then koji is added."

Koji are basically mold spores that break down the starch to sugar, which then ferments into alcohol.

"In addition to the quality of rice and koji, water is also a crucial ingredient in the making of good sake," said Katsumi Oshita, head sake maker, or toji, at the Sakai Shuzo brewery in Iwakuni.

Indeed, water makes up about 80 percent of the contents of sake.

"Without good water you can't have good sake," said Oshita. "It's that simple."

Sake drinkers today can be very discriminate, according to Mayumi Ito, owner of a local Iwakuni sake store.

"There are five main tastes of sake," said Mayumi. Sweet, dry, tart, bitter and sour. Depending on what a person likes, sake can be served warm, cold, or at room temperature. It's up to the individual what he or she prefers."

"Sake is alive," said Humihiko Nakama, sake maker, "so I treat the rice and the water and everything well. I make it with respect and care. When people drink the sake I make and like it, it makes me so happy."



Kenichi Morishige, a sake maker at the Sakai Shuzo brewery in Iwakuni, spreads freshly cooked rice onto mats before taking it to the cooling room. The rice will later be put in vats and mixed with koji and water, transforming this rice into sake.



photos by Cpl. Joe Lindsay

ABOVE: Most breweries bottle their own sake today. Here, an employee at the Sakai Shuzo brewery in Iwakuni packages the drink into paper cartons, similar to those used for milk.

LEFT: Though cartons are becoming increasingly popular, bottles of sake are still the mainstay for distributing Japanese rice wine.

Music of koto steeped in Japanese tradition

by Cpl. Joe Lindsay
Torii Teller Staff

Japan has a rich musical heritage dating back thousands of years, but perhaps no instrument has continued to evolve while withstanding the test of time more than the Japanese koto.

The koto is a wooden, slightly curved, 13 stringed instrument often referred to as a Japanese floor harp. It's harp-like sound gives the koto the versatility to be played either as a solo instrument, or as part of an ensemble.

Though no one is quite sure, it is believed the koto originated in China around the fifth century B.C., before making its way to Japan during the Nara period (710-794).

"Even though the koto came from China, it has become uniquely Japanese over the centuries," said Miho Matsumoto, former koto player. "The music from the koto can touch people who hear and play it. The music is pure and can take you anywhere in your mind you want to go."

According to Matsumoto, though the koto is the most popular of all the Japanese stringed instruments, she fears for its future.

"The koto is a fixture during the New Year holiday's, during the cherry blossom season, at numer-

ous other special occasions and during traditional musical events," said Matsumoto. "Unfortunately, the younger generation seems interested more in modern music. It is important that we as a Japanese people continue to learn and play the koto."

Though performances may be far and few between these days, one service member recently got a chance to attend a live koto performance.

"The music of this instrument was so peaceful," said Sgt. Bryan Reed, Combat Visual Information Center combat photographer. "It just makes you lose yourself in the moment."



photo by Cpl. Joe Lindsay

The koto, sometimes referred to as a Japanese floor harp, has been a part of Japan's musical landscape since the 6th century. The instrument is known for the peaceful and harmonizing effect it often has on listeners.

Off base fireworks festivals



official USMC photo

- July 20 - Hiroshima Minato Matsuri, at noon at Hiroshima Port in Ujina, Hiroshima City, 082-247-6738.
- July 21 - Iwakuni Port Fireworks, at 8 p.m. at Iwakuni Port, 41-2037.
- July 22 - Kure City Firework Festival, at 8 p.m. at Kure City, 0523-21-0151.
- Aug. 1 - River Festival, at 8 p.m. at Yamato Bridge, Otake City, 08275-2-3105.
- Aug. 4 - Nishiki River Water Festival, at 10 a.m. at Kintai area, 41-2037.
- Aug. 10 - Ota River Fireworks, at 6 p.m. at Hiroshima City, 082-247-6738.
- Aug. 13 - Kanmon Strait Fireworks, at Shimonoseki City, 0832-23-2001.
- Aug. 14 - Miyajima Water Surface Fireworks, at 7:50 p.m. at Miyajima, 0829-44-2011.
- Aug. 16 - Tachibana Town Fireworks, at 7:30 p.m. at Tachibana Town, Oshima Island, 0820-77-5501.

Out the gate

Note: Japanese who do not speak English may answer the phone numbers provided.

Cormorant Fishing

Cormorant fishing will be held at the Nishiki River near the Kintai Bridge area every day from 6:30-9 p.m. until Aug. 31. Those interested in riding the Cormorant boats and watching the action up close can pay 3,600 yen for adults and 2,600 yen for children. For more information call 41-0470.

Star Festival

Star Festival, a Japanese traditional day when children make wishes for the year, will be held on July 7 from 10 a.m.-8 p.m. and July 8 from 10 a.m.-4 p.m. in the historic Yanai "White Wall" district, a five-minute walk from Yanai train station. Call 0820-22-2111.

Chopin Piano Concert

A "Complete Chopin Piano Works -Ballads-" concert by Hideyo Harada will be held on July 8 at 2 p.m. at Sinfonia Iwakuni. Tickets are 2,500 yen at Sinfonia Iwakuni and can be purchased either in advance or at the door. Call 29-1600.

Seto Inland Sea Yacht Cruise

Interested people, age 13 or older, can join a two-hour yacht cruise leaving from Hatsukaichi Port to Miyajima on July 20 between 8:30 a.m.-4:30 p.m. Applications need to be made by post card by July 13. Fees are 3,000 yen for adults and 2,500 yen for junior high school students. Call 0829-32-4649.



Classified Ads

Vehicles for sale

—1986 Toyota Hi Lux, 4WD, 4-door, 4WD pickup w/4" lift, 31" BFG's and mag wheels, diesel engine, 5-speed, Pioneer stereo system, JCI till October 2001, \$2,850/obo. Call Staff Sgt. Black at 253-3317 dwh or 253-2153 awl.

—1988 Toyota Town Ace, 8-pass van, 5-speed, front and rear A/C, JCI till April 2003, \$1,000. Call Lt. Col. Pross at 253-7032.

—1988 Mercedes Benz SEL 560, 4-door, JCI till March 2003, \$6,000. Call Anthony Redmond at 253-6354 dwh or 253-2876 awl.

—1988 Mercedes 560 SEL, white w/silver undertone, tinted rear windows, A/C, automatic: windows, wheel adjustment, sunroof, and seats, AM/FM cassette, DVD player w/20 change DVD player/selector, TV w/remote in back seat, mint interior/exterior, JCI till 2003, \$8,000. Call Lavonne Lessard at 253-3585 dwh or 253-2466 awl.

—1989 Toyota Corolla, 4-door sedan, 4-speed, A/C, AM/FM cassette, JCI till September 2001, \$550. Call Gunnery Sgt. Frank at 253-3760 dwh or 253-6891 awl.

—1989 Mitsubishi Delica, 8-pass, CD/cassette/AM/FM, A/C, JCI till April 2002, \$1,500. Call Herb Margolis at 253-4526 dwh or 21-7933 awl.

—1989 Honda, white, 2-door sedan, JCI till May 2002, \$800/obo. Call Elvie Somera at 253-2279.

—1990 Subaru, mini van and boat package, 5HP outboard w/gas can, trolling motor, battery, fish finder and portable live well, available July, JCI till December 2001, \$2,000/obo. Call Sgt. Maj. Guerrero at 253-2830.

—1990 Nissan Presea, gold, 4-door, JCI till January 2003, \$1,499/obo. Call Sally Halal at 253-6529 dwh or 253-2412 awl.

—1990 Nissan Skyline GTS-4, turbo, 4-door, JCI till September 2001, \$1,700. Call Cpl. Perez at 253-6612 dwh or duty number 253-6570 (Room 120) awl.

—1990 Toyota Lite Ace, 8-pass, A/C, PS/PW/PDL, CD player, JCI till September 2001, asking \$800. Call Scott or Jenna Wall at 253-4137 dwh or 253-2771 awl.

—1991 Honda CRX, low kilometers, PW, A/C, AM/FM CD player, JCI till February 2003, \$1,800/obo. Call Staff Sgt. Allinger at 253-5601 dwh or 253-6615 awl.

—1993 Honda Civic, blue, 4-door, auto, A/C, AM/FM cassette, PW, JCI till October 2002, \$2,500. Call Lt. Col. Pross at 253-7032.

Motorcycle for sale

—1998 Harley Davidson Sporty 883, black w/chrome everything, Screamin Eagle on Carburetor, Fat Boy handlebars, custom eagle head chrome grips, two month old H.D. leather saddlebags, chrome crash bar, custom painted gas tank, Mustang gel seat, chrome fog lights, JCI till March 2002, \$8,500. Call Lavonne Lessard at 253-3585/6853 dwh or 253-2466 awl.

Other items for sale

—Crib for life convertible crib/bed, \$75/obo; two toddler bikes, Huffy, w/training wheels, \$30/obo; trek double trailer/juggler, \$80. Call Maj. Gasser at 253-4606 dwh or 253-2104 awl.

—Answer Manitou SX forks, mango color, \$75/obo; Oxygen AR3.1 in-line roller blades, size 9½, comes with bag, extra bearings and hand guards, \$150/obo; two bike standing bike rack for home, black, \$50; CD-RW, 12x10x8, new and installed, w/nero software, \$150; motorcycle bike stand, adjustable, step-up, \$50; two sunglasses, one Oakley, one Nike, same style, \$50 each. Call Staff Sgt. Don Black at 253-3317 dwh or 253-2153 awl.

—Carpet, wine color, 12'x12', 4 years old, \$100. Call Terry at 253-2456.

—Picnic table for beach/camping, new; one burner stove for outdoor, new; plant fence, plant sticks and wall planters; small table w/wheels; twin mattress; boys clothes/jackets, size 8-12; transformer toys; "Golf" and "Parent" magazines. Call Elvie Somera at 253-2279.

—Cosco adjustable height highchair, \$20; baby crib, \$30. Call Jenna Wall at 253-2771.

—Mess dress uniform, - field grade officer - cover, hat box, shirt, cummerbund, and all accouterments included, \$150; single-seat swing hand-woven macrame, bamboo frame, for indoor/outdoor use, long, hanging ropes are a woven part of the swing, \$40; hammock-fancy, adult size, hand woven macrame w/strong metal frame and hanging brackets, easy to set up for indoor/outdoor use, \$150. Call Linda Kostelny at 253-3278 dwh or 090-8608-3799.

—Commemorative Japanese coins, two gold and two silver, minted in 1986 for the 60th year of reign of emperor Hirohito. Call Gunnery Sgt. Frank at 253-3760 dwh or 253-6891 awl.

—Girls clothes; washer and dryer. Call Sally Halal at 253-6529 dwh or 253-2412 awl.

—Queen-size bright flower print quilt - "teen colors," \$10; Torzo track ab machine, \$20; ikebana vases ranging from \$6-\$12; queen mattress cover, \$2; Little Tykes toy chest, \$30, kitchen/diaper dispenser w/pedal activated pop-up top, white, \$5; left over Beanie Babies, \$5; home repair notebook w/step by step directions on how-to-do your own home improvements, \$15; black briefcase, \$5. Call Lavonne Lessard at 253-3585 dwh or 253-2466 awl.

—Fifteen cubic feet Kenmore chest freezer, \$150.; heavy duty large capacity Kenmore washer and dryer, \$300; dinning set, seats six w/hutch, country type, 4600; air conditioner, \$150/obo. Call Sgt. Maj. Guerrero at 253-2830.

Free

—Ten-week-old Tabby male kitten. Call Glenn or Deniela at 253-2888.

—Two-year-old male cat, de-clawed and neutered. Call Kelly at 253-2716.

Job openings

—Dental Clinic is accepting applications for a dental assistant position. Applicants meeting minimum requirements will be evaluated based on overall qualification. This is not a civil service position. Bring resume to Chief Ballesteros by close of business July 6. Call 253-5252.

CHRO job openings

—Supervisory Environmental Engineer, Facilities Department, GS-819-13, Resumix vacancy announcement.

—Administrative Officer, MCCS, GS-0341-09, Resumix vacancy announcement.

—Transition Program Counselor, MCCS, GS-0101-09, Resumix vacancy announcement.

—Management Analyst, QUEST, GS-0343-11, Resumix vacancy announcement.

(For additional information and appropriate forms call CHRO, Building 360, Room 32, at 253-6828.)

MCCS job openings

—Field Advisor, Central Texas College, for 30 hours a week at Education Center, application deadline is July 15. Call 253-3484 or 263-8640/4538.

—Contract Instructors, Semper Fit, certified aerobics instructors or interested in becoming certified, instructors for hula, ballet and swing dance. Call 253-6359.

—Sales Associate: JENS Corporation, at the Personal Telecommunications Center. Call 253-3788.

—Home Visitor: Marine New Parent Support Program. 253-6553.

Weekend's Weather

Today Saturday Sunday Monday



Tide Table

	Low tide		High tide	
	Time	Size	Time	Size
June 29	10:20 a.m.	113	3:50 a.m.	317
	10:37 p.m.	132	4:36 p.m.	282
June 30	11:31 a.m.	100	4:54 a.m.	306
	11:58 p.m.	145	6 p.m.	294
July 1	---	---	6 a.m.	300
	12:35 p.m.	83	7:09 p.m.	313
July 2	1:07 a.m.	147	6:54 a.m.	300
	1:26 p.m.	65	8:02 p.m.	331
July 3	2:03 a.m.	144	7:44 a.m.	302
	2:13 p.m.	51	8:50 p.m.	346
July 4	2:51 a.m.	140	8:28 a.m.	306
	2:55 p.m.	41	9:32 p.m.	355
July 5	3:32 a.m.	136	9:08 a.m.	310
	3:34 p.m.	35	10:10 p.m.	359



Movie Schedule

Friday

10 a.m./7 p.m. Airplane (PG)
1 p.m./9 p.m. Coyote Ugly (PG-13)
11 p.m. Almost Famous (R)

Saturday

10 a.m./7 p.m. The Sea Gypsies (PG)
1 p.m./9 p.m. What About Bob? (PG-13)
11 p.m. The Imposters (R)

Sunday

10 a.m./7 p.m. Back To The Future (PG)
1 p.m./9 p.m. X-Men (PG-13)
11 p.m. Hollow Man (R)

Monday

10 a.m./7 p.m. Back To The Future II (PG)
1 p.m./9 p.m. What Lies Beneath (PG-13)
11 p.m. The Generals Daughter (R)

Tuesday

10 a.m./7 p.m. Titan A.E. (G)
1 p.m./9 p.m. Double Exposure (NR)
11 p.m. Girl Fight (R)

Wednesday

10 a.m./7 p.m. Stuart Little (PG)
1 p.m./9 p.m. That's Life! (PG-13)
11 p.m. The Lost Boys (R)

Thursday

10 a.m./7 p.m. Remember The Titans (G)
1 p.m./9 p.m. The Naked Gun (PG-13)
11 p.m. Art Of War (R)

Sakura Theater

Friday

12:30 p.m. Baby Geniuses
7 p.m. Kingdom Come
10 p.m. Evolution

Saturday

4 p.m. Kingdom Come
7 p.m. Evolution
10 p.m. Along Came a Spider

Sunday

4 p.m. Kingdom Come
7 p.m. Along Came a Spider

Monday

7 p.m. Evolution

Tuesday

12:30 p.m. Iron Giant
7 p.m. Kingdom Come

Wednesday

7 p.m. Along Came a Spider

Thursday

Closed

Kingdom Come (PG)

Rated PG for thematic elements, language and sensuality. (95 minutes)

When the family patriarch passes away, the members of a large and divided family must travel home to the South for his funeral. Gathering for a three-day weekend, they set about the task of settling their family's affairs.

Evolution (PG-13)

Rated PG-13 for crude and sexual humor, and for science fiction action. (105 minutes)

A meteor, carrying alien organisms hits the New Mexico desert. The aliens multiply and evolve at an alarmingly fast rate threatening to take over the world. A community college science professor, his eccentric geologist buddy, a wannabe fireman and a government scientist are brought together to deal with the invasion.

Along Came a Spider (R)

Rated R for violence and language. (103 minutes)

Washington DC homicide detective Dr. Alex Cross investigates the kidnapping of two children from an exclusive school by a schizophrenic psychopath. Adapted from James Patterson's first highly acclaimed novel in the Alex Cross series from which "Kiss The Girls" was also adapted in 1997.

Iwakuni's Theaters

Kokusai:

June 30-July 27

"A.I.: Artificial Intelligence" -

10:30 a.m.,

1:10 p.m., 3:30 p.m., 6:30 p.m.,

(Fri. and Sat. only) 9:10 p.m.

New Central I:

June 30 - July 19

"A.I.: Artificial Intelligence" -

10:05 a.m., 12:45 p.m., 3:25 p.m.,

6:50 p.m., (Sat. only) 9:35 p.m.

New Central II:

June 30 - July 13

"Billy Elliot" - 4:30 p.m., 6:35 p.m.,

(Sat. only) 10:40 p.m.

New Central III:

June 30 - July 6

"The Mummy Returns" - 11 a.m.,

1:30 p.m., 4 p.m., 6:30 p.m.,

(Sat. only) 8:50 p.m.

Education



Test Schedule

Tuesdays/

- Fridays** - College Level Examination Program
- DANTES Subject Standardized Test

(Registration opens at 7:45 a.m. and 9:45 a.m. each day.)

- July 23** - Electronic Data Processing Test

- July 25** - Defense Language Aptitude Battery
- Defense Language Proficiency Test

- July 26** - Armed Forces Classification Test

There is no fee for military personnel; civilians pay the following: CLEP \$46, DANTES \$27, ACT \$38 and SAT \$39, GED \$63. Test must be paid by money order only. Call 253-3855.

ASE Certification Examinations

The DANTES office has recently announced the semiannual ASE Certification Examinations during Nov. 13-15. Active duty and reserve component personnel in a related MOS/Rate, who meet hands-on experience requirements, will be funded for a maximum of three ASE exams. Sign up for the examination by Sept. 4. For more information call 253-3855, or stop by the Community Services Building 411, Room 101.

Community



Alcoholics Anonymous

Alcoholics Anonymous open meetings are held on Sundays at 7 p.m. and Wednesdays at 11:30 a.m. A closed meeting is held each Monday at 11:30 a.m. All meetings are held in Room 103 at Building 1104. For more information call 31-8428.

Medical Clinic Health Promotions

Tobacco Cessation Courses will be held from 10 to 11 a.m. at the Branch Medical Clinic on July 18, 20, 25, 27 and Aug. 15, 17, 22, 24. People must attend all four sessions. Cholesterol, nutrition and hypertension counseling will also be offered on an individual basis by calling 253-3266.

Toastmasters Meeting

The Toastmasters International meets every first Thursday of the month from 6:45-8:15 p.m. and third Friday from 11:45 a.m.-1 p.m. at the Chapel Annex. Everyone is welcome, including off-base personnel. The upcoming Toastmasters meetings are scheduled for Thursday and July 20. Call BM2 Murphy at 253-3746, Nancy Regan at 253-5550 or Ms. Takeuchi at 36-0252.

Sure Start Program

The Sure Start program at M.C. Perry Elementary School is a no-cost preschool program, for children who will be 4 years of age by Oct. 31. It is available for E-1s through E-5s. This full day (6 hours) program offers medical, dental and developmental screenings, nutritious lunches and snacks, developmentally appropriate practices at its core, and active involvement in the program by families of all enrolled children. Applications

for the 2001-2002 school year can be picked up at the front office of the elementary School.

Civilian Human Resources Office

Local Employment Orientation

Civilian Human Resources Office will provide a brief for Iwakuni local job seekers on July 23 from 9-10 a.m. at Community Services Building 411, Room 216-217. Sign-up is required by calling 253-6828.

Resumix Training

A new application process started at Iwakuni on March 1. The Resumix is used by the Navy to fill merit promotion civilian job vacancies for GS-15 and below, and Wage Grade positions. The CHRO will provide valuable information on Resumix on July 23 from 10:30-11:30 a.m. at Community Services Building, Room 216 and 217. Advanced sign-up is required by calling 253-6828.

Placement Program

The CHRO will provide Outbound Family Member Priority Placement Program Brief on July 31, from 9-11 a.m. at Community Services Building 411, Room 216/217 for current and former GS employees who are within two months of PCSing back to continental United States. Information presented will include Military Spouse Preference, Priority Placement Program (PPP) counseling, eligibility for noncompetitive appointment under EO12721, and service employment procedures. Advanced sign-up is required by calling 253-6828.

Marine Corps Community Services

VA Benefits Advisor Briefing Update

The benefits advisor will be at Iwakuni one day only on Monday from 8:30-11 a.m., in the Community Service Building, Room 121 Individual appointments are available Monday from 1-4 p.m. by appointment. For more information call 253-6439

Marine Corps Exchange Tailor Shop

Operational hours have changed to Monday through Friday, 10 a.m.-7 p.m., Saturdays 10:30 a.m.-6:30 p.m., and closed Sundays and holidays.

SMP Tokyo Trip

Single and unaccompanied service members may sign up for the Aug. 2-7 Tokyo Fun Trip through their squadron sergeant major. The fee is \$150. Call 253-3585.

Marine Lounge Hours

Operational hours change on Sunday to 10 a.m.-4 a.m. seven days a week. The lounge is open to all service members and all other patrons 18 years and older. For more information call 253-5368.

Intervention Information

To find out more about intervention services aboard the air station, access the MCCS Website, www.mccsiwakuni.com and go to the Community Services, Intervention and Treatment Branch link or call 253-4526.

Money Management

Financial Fitness offers this workshop July 10-11, from 8:30-11 a.m. in the Community Services Building. To register or for more information call 253-6352.

Summer Matinees

The Sakura Theater shows children's matinees Tuesdays and Wednesday at 12:30 p.m. Call 253-4003.

Summer Reading Book Fair

The library invites everyone to a book fair July 7 from 11 a.m.-1 p.m. in Crossroads Mall. The Summer Reading Program runs through Aug. 20. Call 253-3078.

Personal Services Offerings

☑ **Konnichiwa Japan**, July 6, 11:30 a.m.-12:30 p.m. Learn Japanese culture. Call 253-6165.

☑ **Playmorning**, Tuesdays, 9:30-11 a.m., in Building 589's community room. Call 253-6553.

☑ **Infant Care Class**, a four-session class held Thursdays in July, 11:45 a.m.-12:45 p.m. Call 253-6553.

☑ **Resume Writing Class**, July 3, 9-11 a.m., open to all job-seekers. Call 253-6349.

For Youth and Teens

☑ **Chichiyasu Water Park**, a trip for teens, July 6, 10 a.m. Call 253-6454 to register by July 2, 1,500 yen.

☑ **Independence Weekend Dance**, July 7, 7:30-10 p.m., for youth ages 6-12 at the Youth Center, \$3/\$2 non-members.

☑ **Day Camp**, held throughout the summer at the Youth Center. Call 253-4769.

Chapel Services



Chapel Services

Roman Catholic

Saturday 5:30 p.m. Mass (2)

Sunday 9 a.m. Mass (2)

Protestant

Saturday 9:30 a.m. Seventh Day Adventist (1)

Sunday 10 a.m. Church of Christ (2)

10:30 a.m. General Protestant (2)

noon Gospel Service (2)

noon United Pentecostal (2)

Latter Day Saints

Sunday 12:30 p.m. Service (1)

Jewish

Friday 6 p.m. Shabat (2)

Muslim

Friday noon Prayer (1)

(1) Chapel Annex (2) Marine Memorial Center

For information regarding divine services, religious education or any other Command Religious Program/Chapel activity call the station Chapel at 253-5218. For information on Jewish services call Mark Zeid at 082-231-4008 after 6 p.m. or call the station Chapel.

Sports Briefs

Golf Competition

The golf competition with Sasebo will re-start at Iwakuni July 14. Play is open to SOFA status personnel. Call 253-3402.

Aerobics Cancellations

The following are canceled due to instructors' summer leave: Mega Workout, July 11-27; Step Up to Kickboxing, July 9-23; Yoga, through July 28.

Fishing Trip

Academy Travel will offer a marlin fishing trip to Kona, Hawaii, during August and September. Call 253-3764.

Evaluation Day

Youth Sports flag football players age 11-14 should attend this evaluation Saturday, from 9 a.m., on the Monzen Field. Opening ceremonies are July 7. Call 253-3239.

Early Bird Golf

The early bird golf season will begin Monday at Torii Pines Golf Course. Golfers with a fee card may tee off at first light Monday through Friday on days that do not require a tee time. Call 253-3402.

Second Season Softball

Softball season will begin Thursday. All station personnel age 16 and older may participate. Call 253-5777.

Triathlon Swim Clinic

Aquatics will hold a clinic July 9, from 5:15-6:15 p.m., in the Indoor Pool. Call 253-4966.

Swim Lessons

Summer swim lessons are scheduled July 16-27 and July 30-Aug. 10. Junior lifeguard classes are scheduled for July 9-13. Call 253-5520/4966.

The Scoreboard

Basketball

June 20

AISD defeated Tuggers, 59-57

171 defeated Bats, 2-0

Dragons defeated 6ers, 66-32

Softball

June 25

Hit Squad defeated Full Tilt, 8-7



Youth Flag Football set to kick off inaugural season

by Cpl. Joe Lindsay
Torii Teller Staff

Flag football has been a mainstay on the Station for as long as most residents remember, but for the first time in base history, the sport isn't just for adults.



Youth Sports is kicking off its inaugural Youth Flag Football season here in mid-July, with two separate divisions for children ages 7 to 10 and 11 to 14.

"We've had a lot kids express interest in having a youth flag football league on base," said Bobby Brown, Semper Fit athletic director. "We've never had one before, but the Youth Sports staff didn't look at that as a hindrance.

Instead they said, 'OK, if that's what the kids want, let's do it.'"

Brian Wilson, Youth Sports coordinator, said the subject of youth flag football first came up during a youth soccer game last year.

"A bunch of participants from the soccer league came up to me after a game and asked why there wasn't any flag football for kids," said Wilson. "I said 'good question.'"

From there, Wilson and his staff

began planning out the beginnings of the first youth flag football season ever in Iwakuni.

Youth Sports held a coaches clinic June 25 and 26 to help prepare the coaches for the upcoming season, and according to Tonya Cosby, Youth Sports assistant coordinator, volunteer coaches are the backbone of the program.

"We couldn't exist without all the individuals who donate their time and effort to coaching the children," said Cosby.

There will be a flag football evaluation day Saturday at 9 a.m. at Monzen Field.

"Basically we run the kids through some drills and then pick teams for the season," said Wilson of the evaluation day. "We look forward to a great first season. The kids are really excited."

For more information on the upcoming flag football season, or to register for evaluation day, call 253-4605.

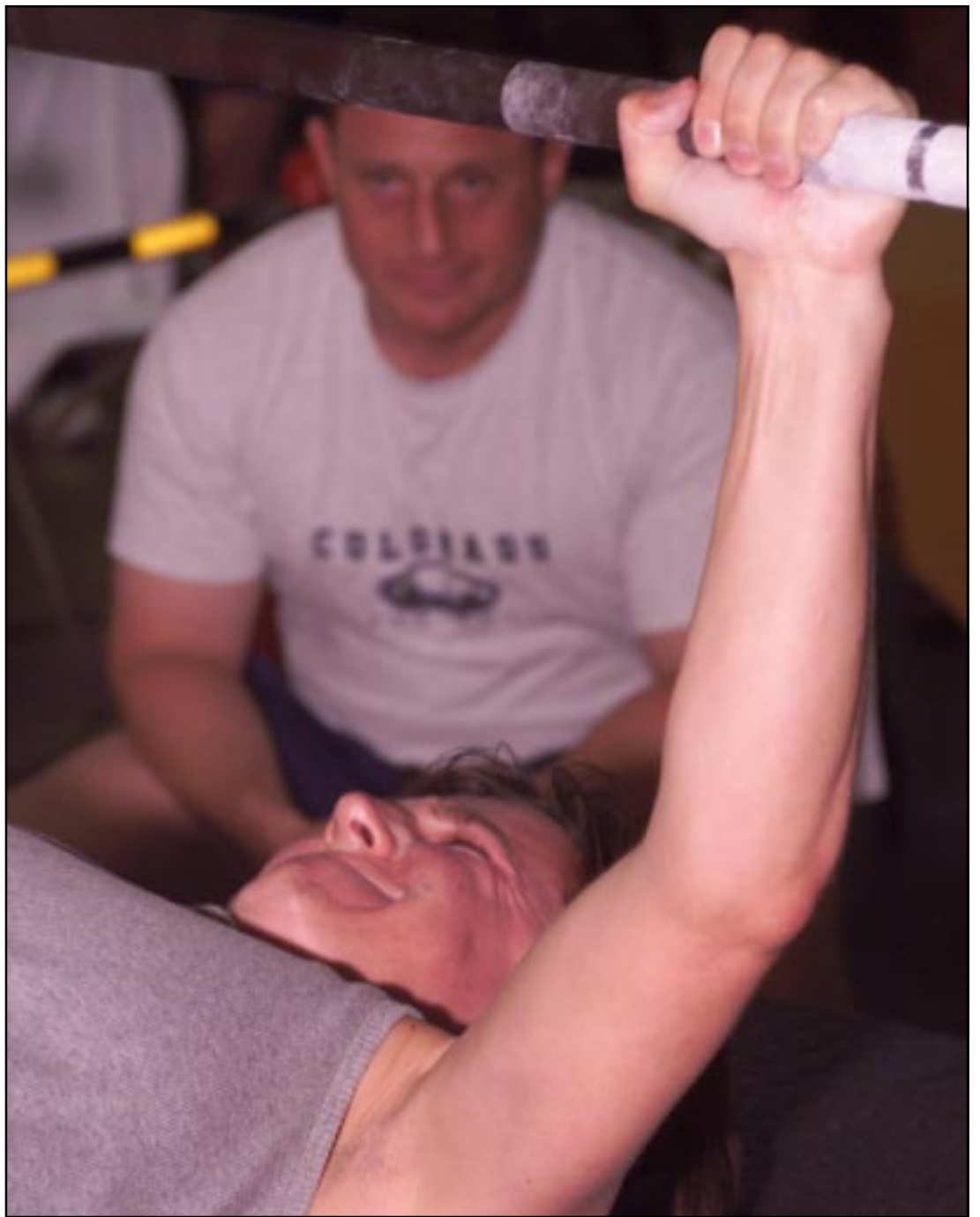
"I can't say enough about the Youth Sports staff," said Brown. "They are truly here for the children. They've got so much on their plate right now, but they always seem to take on more to improve the quality and diversity of youth athletics. The staff believes in the positive effects youth sports can have on the character building of our kids."

photos by Sgt. Bryan Reed

Dennis Jones, H&HS quarterback, (left), and other flag football players, may be replaced someday by up-and-coming athletes from Youth Sports.

Lori Lichay, 123 pounds, lifts 135 pounds, during the Summer Slam Power and Endurance Bench Press Competition at the Main Gym Saturday. She took first place in the women's bench press and endurance competition.

Local lifters push their limits



by Cpl. Kurt Fredrickson
Torii Teller Staff

Weight lifters from across the Station had the chance to show what they are made of at the "Summer Slam Power and Endurance Bench Press Completion" at the Main Gym Saturday.

Seven athletes entered the event, but only one could leave as overall champion.

In the end, the 194-pound Paul Brown took home the overall first place gold. During the bench press, he conquered 360 pounds. In the endurance portion of the competition, he performed 36 repetitions of 195 pounds.

"We all came out here, not so much as a competition, but to see what we can do personally for ourselves," said Brown. "I was expecting a little more from myself, but I'm glad I did it. I had fun."

For the women, the overall winner was Lori Lichay, weighing in at 123 pounds. She benched 135 pounds and raised 60 pounds for a



Russ Adams, 176 pounds, lifts 275 pounds during his first lift of the day at the Summer Slam Power and Endurance Bench Press Competition at the Main Gym Saturday.

photos by Cpl. Kurt Fredrickson

record 63 repetitions.

"My goal was to put my name on the record board," said Lichay. "This was a starting point for me. I have always wanted to weight lift and this is my first time. I think I did a great job."

Like any sport, the spectators outnumbered the competitors and shouted words of encour-

agement from the sidelines.

Each competitor had two chances to lift as much weight as he could. Everyone made their first lift, but for some the added weight on their bar was too much for them to handle.

After a brief rest everyone moved onto the endurance portion of the event where the men benched their own body weight as many times as possible, and the women benched half of their weight.

"I'm really happy with how it went," said Billie Scott, Semper Fit fitness coordinator. "I'm really glad we had the women as well as men this time."

The first, second and third place weight lifters from each weight class received medals for

their efforts. However, the competition was more than a chance for weight lifters to get a medal.

"The bench press is another sport like baseball, softball or basketball," Scott said. "It gives people who lift weights a way to show their accomplishments as far as lifting."